

Infant CPR

Cardiopulmonary resuscitation (CPR) is a lifesaving procedure that all parents and caretakers of children should learn. Several links to websites providing basic infant CPR information are provided below. These sites and the procedures described are **not** a substitute for CPR training. CPR is best performed by those who have been trained in an accredited CPR course. Contact the American Heart Association (www.americanheart.org) for information on classes near you.

CPR for Infants (Age <1)

If you are alone with the infant give 2 minutes of CPR before calling 911.



1. Shout and Tap

Shout and gently tap the child on the shoulder. If there is no response and not breathing or not breathing normally, position the infant on his or her back and begin CPR.



2. Give 30 Compressions

Give 30 gentle chest compressions at the rate of at least 100 per minute. Use two or three fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest (about 1 and a half inches).



3. Open The Airway

Open the airway using a head tilt lifting of chin. Do not tilt the head too far back.



4. Give 2 Gentle Breaths

If the baby is not breathing or not breathing normally, cover the baby's mouth and nose with your mouth and give 2 gentle breaths. Each breath should be 1 second long. You should see the baby's chest rise with each breath.

CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES

Infant CPR (Cont'd)

BabyCenter: Infant first aid and CPR: An illustrated guide: www.babycenter.com (Go to "Baby" Tab>Baby Topics> Health & Safety> Injuries & Accidents > First Aid

Basic Infant CPR with video demonstration: <http://depts.washington.edu/learncpr/infantcpr.html>

Medline Plus: Infant CPR: <http://www.nlm.nih.gov/medlineplus/ency/article/000011.htm>